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ONE YEAR LATER

Out of the ashes. Sections of New York City were devastated when superstorm Sandy struck the coast last year. Metro examines how the Rockaways, Staten Island and Coney Island are recovering from the blow. **More to be done.** The disaster left a financial and human toll in its wake.

PAGES 06-10

Sean Sheridan, owner of BayHouse Restaurant in Breezy Point, Queens, holds up a photo of his restaurant that was destroyed in superstorm Sandy. He opened a temporary BayHouse Restaurant over the summer while he waits for a new one to be built. / LENYON WHITAKER, METRO



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City gets \$1.34 billion more federal Sandy aid

Relief. Officials announce more aid for homeowners, businesses and climate change resiliency.

been necessarily slow.

"We are not wasting the taxpayers' money," Mayor Michael Bloomberg said.

Housing and Urban Development still needs to approve the city's plans for the new funds, but officials don't anticipate this process will take long. The city will submit plans in the next few weeks, officials said.

Deputy Mayor Cas Halloway said the money would be divided similarly to the first allotment, with aid for housing and businesses, in addition to resiliency and infrastructure.

"We can't afford not to do this. For every dollar we invest in resiliency today, we save four dollars in the future from storms that will come," HUD Secretary Shaun Donovan said.

ANNA SANDERS
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Another \$1.34 billion in federal Sandy aid money is coming to the city, officials announced yesterday, nearly a year after the storm hit.

"The first year was recovery. The second year is rebuilding," Sen. Charles Schumer said.

The funds make up the second allocation of grants from the \$60.2 billion federal aid package that was passed by Congress in January. Another \$1.77 billion in aid, the first installment, was released the next month.

Officials said the first installment's roll-out has



Marchers walk from neighborhoods that were devastated by Sandy on Sunday to Manhattan. / GETTY IMAGES

Debate moved to respect Sandy



This will be the last debate for the Republican and Democratic mayoral candidates. / GETTY IMAGES

The Campaign Finance Board rescheduled the final general election debate from tonight to tomorrow to respect the first anniversary of superstorm Sandy's landfall.

The decision was made Sunday after Democratic candidate Bill de Blasio and Republican Joe Lhota said in a joint statement, "This

day should be marked with solemn reflection and remembrance."

Amy Loprest, the board's executive director, said that New Yorkers are still feeling the effects of the storm.

"The first anniversary of Sandy's landfall can serve to focus this discussion about the future of our city," she said.

The change in sched-

uling was unexpected. The debate schedule was announced in June and neither candidate expressed any formal interest to move the debate until Sunday, two days before it was scheduled to air.

The debate will air at 7 p.m. tomorrow on WNBC Channel 4, on the radio and online via streaming. **ANNA SANDERS**

Top 3

What's trending online at Metro.us

1 'Dez Bryant throws temper tantrum on Cowboys sidelines'

2 VIDEO: Pomegranate how-tos take over Reddit'

3 VIDEO: Marching band performs Hollywood blockbusters'

In the Bronx

Fire started by candles injures a dozen people

Twelve people were injured during a blaze started by unattended candles in the basement of a Bronx home yesterday, the fire department said.

Twenty-five units and 106 firefighters responded to the Sound-

view home around 4:15 a.m. and the two-alarm fire was brought under control about an hour later, fire officials said.

Of those 12 injured, including civilians and firefighters, two were taken to Jacobi Medical Center in critical condition and two others were in serious condition, according to the fire department.

ANNA SANDERS

NYC comes back

Free subway rides for Sandy survivors on anniversary

On the one-year anniversary of superstorm Sandy, today, New Yorkers who struggled for seven months without access to the city's subway system, and those who are struggling without it now, will get to ride the subway for



The A train / METRO ARCHIVE

free for a day.

Gov. Andrew Cuomo called the free rides "a thank you" to those New Yorkers "for taking the

hardships of the storm in stride and for their understanding in the months since."

Until midnight today, the subway will be free for riders taking the A train from stops between Howard Beach and the Rockaway Peninsula, and riders taking the R train from stops between Bay Ridge-95th Street and Court Street.

DANIELLE TCHOLAKIAN

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Ahead. Bill de Blasio is poised for a historic victory, poll suggests

Likely voters still support Democrat Bill de Blasio to Republican Joe Lhota by an overwhelming majority, according to The New York Times/Siena College Poll released yesterday.

The public advocate leads the former MTA chairman by 45 percentage points, 68 to 23 percent.

"Approaching the homestretch of the campaign to choose New York's first new mayor in 12 years, Bill de Blasio is

poised to win a lopsided victory over Joe Lhota," Siena College pollster Steven Greenberg said in a statement.

The candidates' opinions on issues, not their party affiliation or qualifications, were the most important factor in voters' decisions.

The poll surveyed 701 likely registered voters and has a margin of error plus or minus 3.7 percentage points.

ANNA SANDERS

Big race

Security beefed up for New York City Marathon

If you want a good spot to watch the finish of the New York City Marathon this year, you

might want to get there even earlier than usual.

The New York Road Runners is doubling down on security this year, spending more than twice its usual budget for precautionary measures. LAURA SHIN

Macy's says the store did not racially profile actor



Macy's denied the allegations that it racially profiled an actor. / GETTY IMAGES

Fighting back. The department store disputes allegations made against them.

Macy's released a statement on Sunday in response to an actor's claims that he was racially profiled inside the flagship store in June, saying that its employees were not involved in the incident.

The response comes after Robert Brown, of HBO's "Treme," filed a lawsuit Friday that alleges he was wrongly accused of using a fake credit card to buy a \$1,350 gold Movado watch for his mother on June 8 at the Herald Square store.

Brown said that he was handcuffed, "paraded" around the department store and detained for an

hour just because he was black.

The store only provided a room to NYPD officers for the purpose of Brown's detention at the request of the police department, the store said.

Brown said he came forward with his story after he heard reports about other shoppers who had similar experiences.

LAURA

SHIN

letters@metro.us

Company procedure

"Macy's procedures would have required a store associate to alert Macy's Loss Prevention department of any suspicious activity."

Macy's said in a statement

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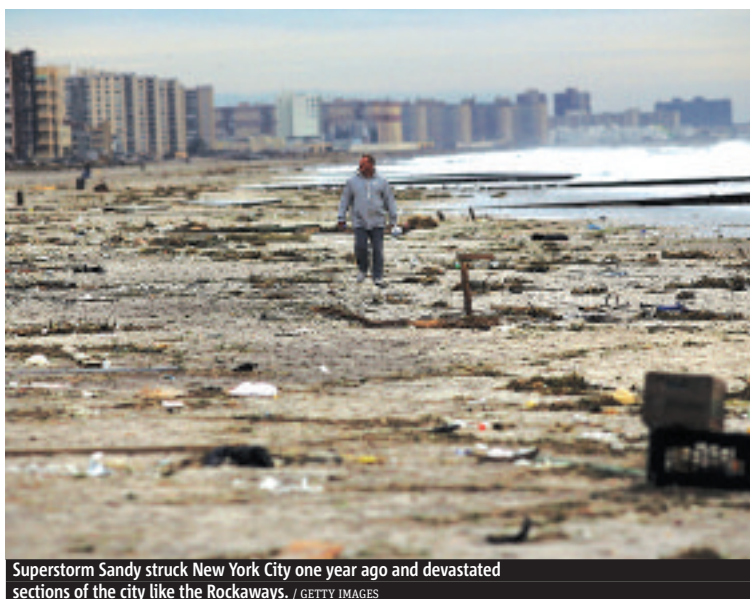
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Superstorm Sandy struck New York City one year ago and devastated sections of the city like the Rockaways. / GETTY IMAGES

What has New York City done since Sandy?

Resiliency. Since Sandy, the city has focused on recovery, rebuilding and preparing for the effects of climate change.

After the debris was cleared, the power restored and many New Yorkers returned home following superstorm Sandy, the city began focusing on what could be done to better prepare for the next storm.

Since July, the City Council passed and Mayor Michael Bloomberg signed 15 bills aimed at improving emergency response on all levels and making the city more resilient to weather events caused by climate change.

The first nine bills, signed by Bloomberg in August, resulted from 12 post-storm oversight hearing and address everything from improving water and food access to traffic management during emergencies.

Deputy Mayors Cas Holloway and Linda Gibbs

Federal aid breakdown

The city has received \$3.1 billion in Sandy aid from the federal government, including \$1.34 billion announced yesterday.

- Of the first \$1.77 billion allocation announced

in February, \$648 million will be used for rebuilding and repair reimbursement, another \$293 million will be used for business recovery and \$654 million will be used on resiliency.

Are we prepared?

"The short answer is yes, we are prepared. In fact, we are better prepared than we were for Sandy."

Cas Holloway, deputy mayor

also conducted a review of the city's response to Sandy and made 60 recommendations, most of which have been implemented.

The second package of council legislation, six bills signed by Bloomberg this month, intends to address resiliency, utilizing recommendations from the Building Resiliency Task Force.

"We needed to shift our thinking about safety

from preparing for 'the next Sandy' to preparing for any weather emergency," said Russell Unger, executive director of the Urban Green Council, which managed the task force.

More than 200 industry experts spent nearly six months coming up with the recommendations, many of which were used.

The Bloomberg administration has also proposed 257 projects, costing some \$19.5 billion, to bolster resiliency and infrastructure in a 350-page policy book released in June.

Still, Holloway said the city is "far from done."

"There are many challenges ahead," he said.

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Where were you?



"My house is on Rockaway Park, across from the beach. I didn't evacuate, so I watched the storm that night. It ripped apart the boardwalk and washed away a lot of things."

Charis Liu, 28, Rockaway Park, Queens



"I was in my house. The water came up to the block before my house. The fire department knocked on our door and told us to evacuate, but we didn't."

Donna Saccone, 54, Staten Island



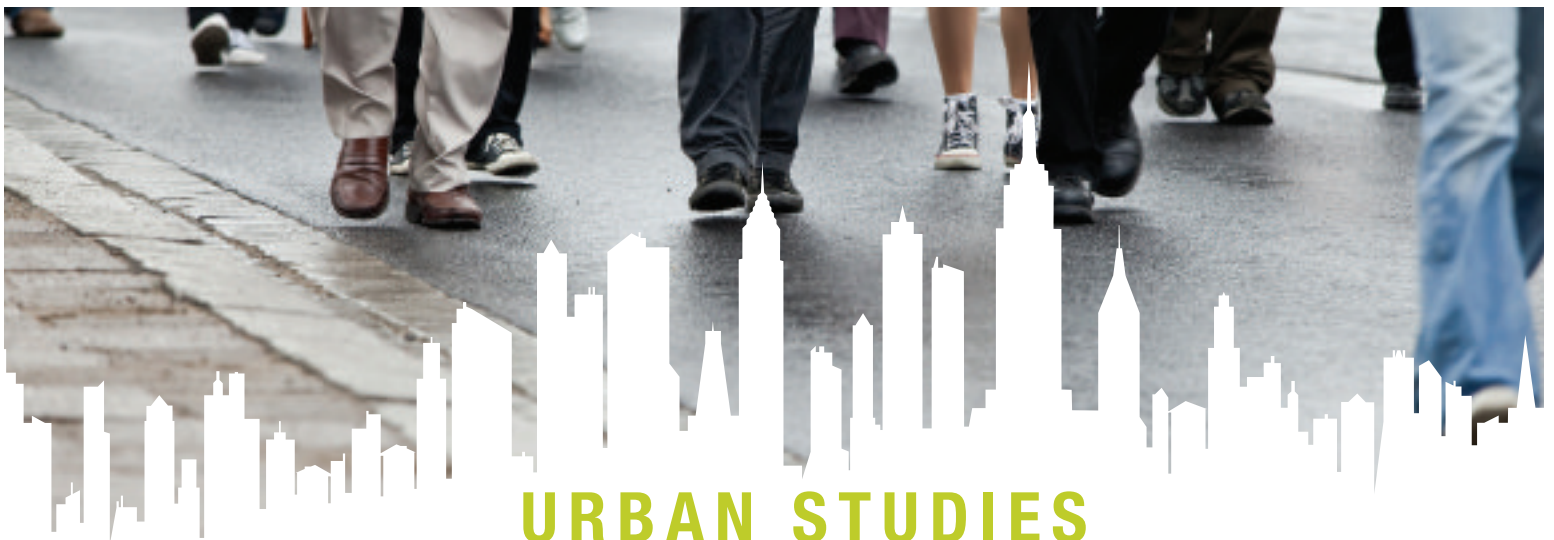
"A couple of houses on my block had pieces of their roof blown off, but luckily I didn't have any wind damage."

David Lurrier, 49, East New York



Long year for NYC neighborhoods ravaged by Sandy

One year ago, when the Atlantic Ocean receded to its proper place after superstorm Sandy, the devastation it had wrought was all too apparent in the morning light. Help poured in from out-of-state, from other parts of the city, from neighbors. But relief efforts of that scale never last, and winter wore on. For people from Coney Island to Staten Island to the Rockaways, Sandy remained front and center as public attention faded away. / EMILY JOHNSON, METRO



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After Sandy, Rockaway restaurant faces obstacles

Second life. A Breezy Point restaurant owner refused to give up after his eatery was destroyed.

Far from Manhattan, sand-lined roads and Cape Cod houses make it easy to forget the Rockaway Peninsula is part of New York City. Here, the ghost of superstorm Sandy is palpable. In Breezy Point, one of the hardest hit neighborhoods, only about half of the residents have returned.

The vantage point of the BayHouse Restaurant in Breezy Point, Queens, offers panoramic views sweeping from the Verrazano Bridge past One World Trade Center.

There used to be a lot more to see. The neighbor-



Sean Sheridan plans on building a new BayHouse Restaurant. / LENYON WHITAKER, METRO

Neighborhood damage

"I saw all of the devastation of the other homes and businesses on my way. My restaurant has been open for 12 years. I basically renovated the whole place when I took it over 12 years ago and it was a labor of love. It was a very tough thing to look at."

Sean Sheridan

hood institution was destroyed in the storm.

Sean Sheridan, the owner, built a temporary space to set up shop this summer.

He remembers that even before high tide last year, the water was pouring through his restaurant.

"You could see how quickly it was approaching and that you had to get out of there in 20 minutes," he said.

Even though Sandy destroyed the restaurant, Sheridan was determined

to get the BayHouse back up and running.

"We knew we had to get back both for ourselves and for the people of the community and the Rockaways," he said.

Sheridan spent a month building a temporary space and reopened in June.

He is eager to rebuild a permanent BayHouse. He hopes to set a foundation this December.

ANDREA PARK
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Hard times

Plenty of challenges in one year

Sean Sheridan's cheery disposition belies the obstacles that he has faced this past year.

He said that had to let go of his employees, some of whom had worked for him for nine years, and that he himself has not earned any income in the past year.

The BayHouse owner has been covering his expenses out of pocket after he was rejected by government programs designed to aid businesses hurt by superstorm Sandy.

He said that he applied for loans through the city, but the NYC Department of Small Business Services told him they did not believe he could pay back the loan in the allotted time after looking at the BayHouse's finances.

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Without papers, struggling for aid

Immigrants.

Concerns remain for particularly vulnerable storm survivors.

FEMA officials told Metro back in November that there was cash assistance available for immigrants with U.S.-born children or relatives and insisted the agency would never ask applicants for information on immigration status.

But advocates feared “undocumented immigrants” would be afraid of applying or unable to understand the information available about FEMA or other assistance.

A year later, it seems those fears were legitimate.

Many “undocumented immigrants” who lived in the worst-hit neighborhoods in the city did not receive much-needed aid, said Keiko Cervantes-



“Undocumented immigrants” struggled to get aid after Sandy, NYLAG said. / GETTY IMAGES

Many challenges

For many undocumented clients, Cervantes-Ospina said, fear of deportation was only half the battle.

- Applying for assistance is “a very stressful and

onerous process for anyone,” Cervantes-Ospina said. “Then you’ve got language barriers on top of that.”

- The appeal process is also

a big challenge.

- “It’s an overwhelming process, and the more you fight the more you feel like you’re calling attention to yourself,” she said.

Fear of immigration authorities

“A lot of undocumented immigrants don’t qualify for disaster unemployment insurance and don’t qualify for regular unemployment insurance.” Keiko Cervantes-Ospina, NYLAG attorney

Ospina, the supervising attorney with the Storm Response Unit at the New York Legal Aid Group.

One of NYLAG’s undocumented clients, Maria, who didn’t wish to use her real name, was in her ground-floor home with her brother and U.S.-born daughter when the storm hit.

They didn’t believe the storm would reach them until water surged up the street “like a river.”

They had to leave their apartment to get to the second floor unit that another family rented. The storm destroyed their car and furniture.

Almost immediately after the storm hit, her landlord told her not to contact FEMA. “We’ll handle this

between us,” the landlord said. When Maria put in an application with them, her landlord threatened to call immigration.

Cervantes-Ospina said Maria’s is a common story: Landlords often take advantage of those lacking paperwork, bullying them into accepting subpar living conditions with threats of deportation.

Because Maria’s daughter is a U.S. citizen, NYLAG attorneys were ultimately able to help secure some public assistance and food stamps for her.

But their last appeal of her FEMA application denial was unsuccessful.



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Photographer recalls his experiences after Sandy

Gilles Peress is a venerated photographer with more than four decades of experience covering human conflict everywhere from Bosnia to Northern Israel. But when the sun rose the morning after superstorm Sandy, Peress left his home in Brooklyn and set out for Breezy Point, Queens to document his first natural disaster.

His photos show the Rockaways in a state of raw destruction: charred foundations, power lines dangling in floodwater, entire blocks flattened.

Peress' arresting images were recently published in a book of photographs, "The Rockaways," which also features writings by journalists and Rockaway residents.

Metro New York interviewed Peress about his time in the Rockaways.



Gilles Peress documented the destruction to Breezy Point in the days right after superstorm Sandy. / GILLES PERESS

What was it like that first morning?
It's on the order of war.

I've gone to many conflicts and Breezy Point looked like a war landscape.

Untold devastation.

How did people — many

of whom had just lost all of their worldly possessions — react when they saw you taking pictures of the rubble after the storm?

In Breezy Point there was almost no one. It was really emptied out. The people that were there were absorbed by the situation. They had other problems.

It sounds like it was almost a post-apocalyptic scene.

It's very similar to many movies that have been produced in the last few years that are about climate change and global warming and disaster situations. So it's very thematic in a certain way.

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No delay

Are most of the photos from the weeks immediately after the storm?

It was in the week after. I was supposed to be on my way to Florida for another project. I was essentially delayed; I couldn't leave New York with this whole situation happening. So I stayed about a week, 10 days. It's something that's happened to me before. I was in New York for 9/11 and I was supposed to leave for Afghanistan. But in my experience it's hard for me to leave when the city is in such trauma. If you think about it, the city has had to deal with many traumas since the turn of the century: You had 9/11, you had the collapse of the financial markets. The kind of problems that are so big. It's big city, big problems.

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Health exchanges: Federal data hub operating again

Link to agencies.

The outage severed connections with the federal data services hub.

A key link to federal data used by the websites that sell health insurance under the U.S. health reform law appeared to be working again after a data center failure blocked enrollment across the country on Sunday, two state-based exchanges said yesterday.

The crash of the data center, operated by Verizon Communication Inc.'s Terremark unit, affected not only the federal government's online exchange, HealthCare.gov, but also the sites run by 14 states and the District of Columbia, the Department of Health and Human Services said.

It was the latest problem in the troubled Internet rollout of the health insurance exchanges set up by the 2010 Affordable Care Act, which has President Barack Obama's administration scrambling to fix the technical issues that plague the system.

Representatives of the Connecticut-based and New York-based exchanges said on Monday that the federal data hub was working again. That hub is used by all of the states and the government to complete exchange applications.

REUTERS

States

36

The federal website, which sells insurance for the 36 states that chose not to operate their own Obamacare exchange, has been plagued by technology failures since it was launched on Oct. 1.



The hub lets consumers apply online for coverage or determine their eligibility for federal subsidies to help pay for premiums. / COLOURBOX

High-profile case

British phone-hacking trial begins

Rupert Murdoch's former British newspaper chief and Prime Minister David Cameron's ex-media head went on trial for phone hacking in one of Britain's most high-profile court cases in years.

Rebekah Brooks and Andy Coulson, both former editors of Murdoch's now defunct News of the World tabloid, are accused of conspiring to illegally access voicemail on mobile phones belonging to politicians, the rich and famous, victims of crime and ordinary people. REUTERS



COULSON
GETTY IMAGES

Military data

British man charged with hacking US government networks

A British man has been arrested in England and charged by the United States and Britain with hacking into U.S. government computer systems, including those run by the military, to steal confidential data and disrupt operations, authorities said.

Lauri Love and three co-conspirators allegedly infiltrated thousands of systems including those of the Pentagon's Missile Defense Agency, the U.S. Army Corps of Engineers, the U.S. space agency NASA and the U.S. Environmental Protection Agency, according to a U.S. grand jury indictment made public yesterday.

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WHAT TO KNOW BEFORE YOU TALK TO A FINANCIAL ADVISOR

You've thought about getting a financial planner or advisor, but how do you pick one who is reliable, trustworthy — and who will make the most of your money?

Listen to Steve Lockshin, one of the top three financial advisors in the nation, according to Barron's (if you don't already have a financial advisor, we're going to assume you don't know that Barron's is a financial investment news magazine). In Lockshin's new book "Get Wise to Your Advisor," the author reveals how some of the biggest Wall Street institutions push their advisors to sell products that are not in customers' best interests — and tells you how to get the unbiased service you deserve.

Here's what we learned when we spoke to Lockshin about finding the right advisor.



Always ask any potential financial advisor: "Do you make commissions on my account, or do you make more by selling me one product over another one?" / VALUELINE

Do most people need a financial advisor?

It's possible to handle your investments and savings on your own — if you have one thing: discipline. Much like dieting, you know how to eat well and how to exercise; yet often you need something or someone to help you stick to your plan. A good financial advisor can help

with discipline, and an online advisor can do the same, by automating good habits for you.

How much should an advisor's fee add to your all-in costs?

You can get very good financial advice for as little as .15 percent of your assets — or about \$150 for \$100,000. Always ask

what you're paying — and how the advisor is paid — because the industry is riddled with conflicts of interest, buried fees and unnecessary complexity. However, by asking a few questions, and doing just a bit of homework, you can find the right fit. A good advisor can be worth their fee if they help you make great decisions (and keep you from making poor choices). The cost shouldn't exceed 1 percent of your assets.

What is a fiduciary, and how do you know if your advisor will fulfill that role?

A fiduciary is an important distinction investors should rely upon. A fiduciary is required to give advice that's in the client's best interest, not their own. Before you decide to work with someone, simply ask: "Do you make commissions

on my account, or do you make more by selling me one product over another one?" Beware the advisor who claims to be a fiduciary and who is still paid commissions that differ by product. Most fiduciaries won't even accept commissions as a compensation tool.

How does automated investing fit in with the traditional advisory model?

Software-based investing is still a new field, but it's poised to serve a wide variety of investors at a low cost. Software (like Betterment's) uses automation to help you do things you might not want to do on your own, like saving steadily or rebalancing your portfolio. Whether you choose a live advisor or an online advisor, it helps to have that extra reinforcement so you can reach your goals.

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What's going on down there?

Don't blush. We solve your "down there" queries.

Below-the-belt problems are embarrassing topics for men to talk about, even with their doctors. However, Dr. Gerald Chodak, author of the just-published "Winning the Battle Against Prostate Cancer," says that talking with your doctor saves a lot of stress, and might just save your life. Remember, your doctor's heard it all — and isn't there to judge. Here are just a few common questions we got Dr. Chodak to speak on.

'Will I get prostate cancer?'

The PSA blood test, developed in the 1980s, measures a protein produced by both cancerous and non-cancerous cells.

If the PSA reveals a high count of the protein, a doctor then looks for cancer cells, and it's likely they will be found. But don't worry! These cells don't mean you have the disease.

"By the age of 20, 12 percent of all men have cancer cells in their prostate," says Dr. Chodak. "By age 50, it's 30 percent — and by age 80, it's around 70 or 80 percent. If you look for cancer cells, you will find them, but most men are never in danger," says Dr. Chodak.

Men should be aware of their prostate cancer risk, especially those with a father or brother who has had the disease: "It almost doubles the risk," says Dr. Chodak. African-American men are also more likely to develop the disease.

There has been controversy surrounding the decision to get a PSA. Talk to your doctor about how to make the right choice for you.

Bigger isn't better

'Why do I have an enlarged prostate?'

Prostatic hyperplasia, or enlarged prostate, is generally considered a benign condition, but it's uncomfortable. "It causes a range of urinary complaints including slowing of the [urine] stream, getting up to urinate at night, difficulty starting and stopping the stream and incomplete emptying of the bladder," Dr. Chodak says. Unfortunately, we don't know the reasons behind it, but it can be treated. Medication and surgery are options, as is a new non-surgical choice, PlasmaButon, which claims to vaporize the enlarged prostate tissue away, reducing pressure on the urethra.

'Why can't I get it up?'

If you're facing this issue, know that you're not alone:

"It helps to know that 40 million American men have the same problem with erections," says Dr. Chodak. "It's usually men in their 30s or 40s." Dr. Chodak says you should bring the issue to the attention of your doctor, who can help you narrow down the cause behind it. "It can depend on weight and diet, and drugs you might be taking — including recreational drugs." Your doctor can then supply medication and look into supplementing your testosterone to fix the problem.

To avoid ED, skip the booze and the cigarettes. "Both cause vascular problems, and ED is largely a

vascular condition," Dr. Chodak says. And eat right too: "A healthy diet helps maintain vascular function and will result in better erectile function."

LINDA CLARKE
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David Beckham's glamorous fender-bender

They do say most accidents happen within 10 minutes of the home. That's true for David Beckham, unless his driveway is 11 minutes long. Well, I wouldn't rule that out, I guess.

Becks was pulling his

Range Rover out of the driveway of his home in Beverly Hills with his 14-year-old son, Brooklyn, in the passenger seat, when he ran into an oncoming car, according to the Daily Mail.

Neither the Beckhams nor the woman in the other car were hurt, but Becks' \$75,000 Range Rover was badly damaged — it lost its front bumper. The true tragedy is that the fender-bender

probably killed the Beckham family's endorphin high — earlier in the day, Posh, Becks and Brooklyn all attended a spin class together. You know, like most teenage boys do with their parents. **MELINDA TAUB**

Talking point

Ricci's hitched

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. They happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series "Pan Am" in 2011 and were engaged in 2012.



Wilde and Sudeikis expecting

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?" The couple met in 2011 and announced their engagement in January.

We'd like to say this is also the first child for Sudeikis but there is that very big rumor floating around Hollywood that he sired January Jones' 2-year-old son Xander, although no one has yet claimed paternity. Have fun with that one, Wilde.



These two will make some beautiful, funny babies.

GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ewan McGregor doesn't feel like working, Elizabeth Hurley is in sugar shock and Don Cheadle is looking to make a change.

@mcgregor_ewan: Rain on the roof of the trailer. Make me want to sleep.

@ElizabethHurley: We had Halloween early and am suffering from too many icing eyeballs and fresh blood jelly...

@lamDonCheadle: The misogyny in rap is hard to take. How can we create an alternative, strike some kind of balance?



Katy Perry: Pot, meet kettle

Katy Perry, a woman famous for getting naked, is criticizing

other women for getting naked.

"Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's "Weekend Edition" in an interview. "I'm not talking about



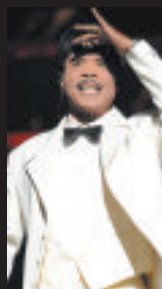
How much nudity is too much nudity? / GETTY IMAGES

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anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Oh, Katy. Haven't you heard that old adage: She who hasn't gone onstage in a cupcake bikini can cast the first stone?

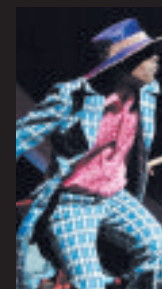
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AMY POEHLER

The "Free Birds" voice star talks about squeezing work in between work.

TALKING TURKEY

"Parks and Recreation" star Amy Poehler's latest feature film venture, "Free Birds," follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. (She plays a love interest.) But Poehler has plenty to concern herself with in the present day. We spoke with her just before some good and bad news broke for her: First, she and Tina Fey were announced to host the Golden Globes for the next two years. Second, NBC was pulling "Parks and Recreation" from its schedule for three weeks. Still, at least the government shutdown is over.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?

Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

"Parks and Recreation" was one of the very few comedies that NBC didn't cancel last year. That must feel at least a little bit reassuring.

Yep, NBC has supported us by keeping us on. We appreciate that. I would rather do the show than not do the show — that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky. Certainly it's tough sometimes to just not know your fate all the

time, and we've certainly never been a show where we knew our fate. But because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show.

How do you think your character on the show, Leslie Knope, would've responded to the recent government shutdown?

We were laughing about it. We basically did this in Season 3, which is Pawnee shuts down, but [during the real shutdown] she would've just been incredibly depressed. Like, in sweatpants, losing her mind.

It was fascinating to watch, but ...

So depressing. My biggest fear is that it will just lead to ambivalence and lethargy, which is the worst — which is the ultimate killer.



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Going emcee

You squeeze in a lot of film work between seasons of "Parks and Recreation."

My schedule with "Parks" is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do.

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Keeping his cool

Interview. "Last Vegas"'s Romany Malco swears Robert De Niro is fun to club with.

Romany Malco has put in enthusiastic turns in "The 40-Year-Old Virgin," "Blades of Glory" and "Think Like a Man," plus a long stint on "Weeds." (He also, when younger, did one of the raps as MC Skat Kat on Paula Abdul's "Opposites Attract.") But he hasn't been surrounded by as many legends as he has been in "Last Vegas," in which his hotel staffer tends to old-timers played by Michael Douglas, Robert De Niro, Morgan Freeman

and Kevin Kline.

It's probably obvious what drew you to the role.

These guys were in it. Honestly speaking, it could have been an industrial video on how to build a polymerization plant and I still would have shown up. But honestly, when I read the script I felt it was so heartfelt. No matter what age you get to, there are bouts of insecurity. It's about how important it is to have a tribe that helps you get back to who you are. It's hard for me to do any movie, even if it's funny, without looking at it from a serious perspective.

You've been around for a while. Were you still intimidated by so many major stars?



Quoted

"It's about how important it is to have a tribe that helps you get back to who you are." Romany Malco

Romany Malco has to hang with a bunch of legends in "Last Vegas."

GETTY IMAGES

I wasn't as intimidated as I thought I'd be. The minute I showed up on set, they just bum rushed me. "Oh my God, you worked with Mary-Louise Parker; what was that like?" "Dude, '40-Year-Old Virgin!'" They were really inclusive. Mary [Steenburgen] was the one who intimidated me the most. I'm very good friends with her husband [Ted Danson]. But Mary is intimidating because she's beautiful and she's really smart. I get really weird around pretty girls. I think she caught me staring a few times.

and reserved. I was like, "Which Bobby are you talking about?" [Laughs] I haven't seen that version of him. You must have to piss him off or something. One night he made us go to a club. He did! Jay Z was doing something in Atlanta [where they shot some of the film] and he made us go. Do you know how 50 Cent got into this movie? Our producer was like, "We need a rapper for this movie." Bobby goes, "Who do you need? You want 50?" He pulls out his phone. He speed dials — it's not like 10 buttons, it's like two. He goes, "Hey, man. You wanna be in my movie? [Pause] Yeah, Atlanta. I'll get somebody to call you." 50 Cent was there the next day.

De Niro can be pretty loose in comedies, but he has this reputation — especially among the press — for being quiet and hard to talk to.

I had two people ask me the other night how I got past him being quiet



MATT PRIGGE
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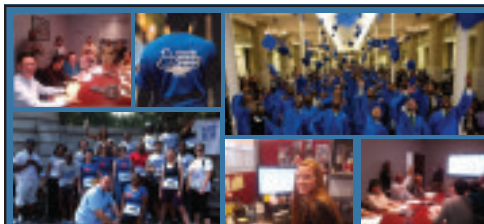
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Defying classification

Landslide. Versatile singer Res channels Stevie Nicks on "Refried Mac."

Res may be known in hip-hop circles, but it's short-sighted to pin her down.

Her voice howls like a ghostly siren in the background on Talib Kweli's "Too Late." Then, without flinching, she can turn straight diva on her solo hit, "They Say Vision."

Her name is Shareese Renee Ballard, better known by her stage name, Res. Born in Southwest Philadelphia and raised just outside the city, she's the true definition of fresh local talent. Res started singing when she was 8, listening to her parents' Motown records, then experimenting with Broadway tunes in high school. She grew up around the corner from the late, great Teddy Pen-dergrass.



The singer's new album, "Refried Mac," drops today. / GETTY IMAGES

Quoted

"People told me I sounded like Stevie Nicks and I was like, 'Who is this girl?'"

Res

She signed her first demo deal at age 19. In 2001, she released her debut album, "How I Do."

Its first single, "Golden Boys," was famously re-mixed by rapper Nas.

"I'm the hometown hero, right?" Res says. "It's great being from a city that has so many great musicians, but that wasn't the scene I lived in. I wasn't in the clubs and all that growing up. I met the Roots and Jill [Scott] after I started doing music. Philly has great music,

but the camaraderie isn't there."

On the surface, she may appear to be a hip-hop junkie, but that's far from the truth. Res has experimented with everything from classical music to '80s retro pop. Her newest offering, "Refried Mac," is a full album of Fleetwood Mac covers with instrumentalist/producer Tom Spiker. It's out today.

"People told me I sounded like Stevie Nicks and I was like, 'Who is this girl?'" Res says. "I found out who she was and was like, 'Oh, I know her. I love these songs.'"

Res has another offering, entitled "Reset," loosely set to drop after the new year. She's sure to be talking about it on Twitter; follow her at @the1res. And as with everything Res does, expect the unexpected.



MICHAEL GREGER

michael.greger@metro.us

Best friends

Res and Kweli

Listening to Res talk, it's no wonder the biggest influence on her career has been Talib Kweli. The deep-thinking rapper was the one who gave Res her big break, when not many people would put their money where their mouths were.

"When we first met, I didn't have a deal yet," Res says. "He told me, 'Look, I'm a fan and I have the means to [help],' and he did it. A lot of people talk, but

don't do anything. I'm pretty lucky."

Kweli and Res have been friends since the early 2000s and formed the group Idle Warship in 2008. Their debut album, "Habits of the Heart," was released in 2011.

"She's one of my best friends," Kweli says. "She's one of the greatest live performers I've ever seen. She has such a unique sound. It's time for her to shine."



Res cites Talib Kweli as an influence. / WIREIMAGE



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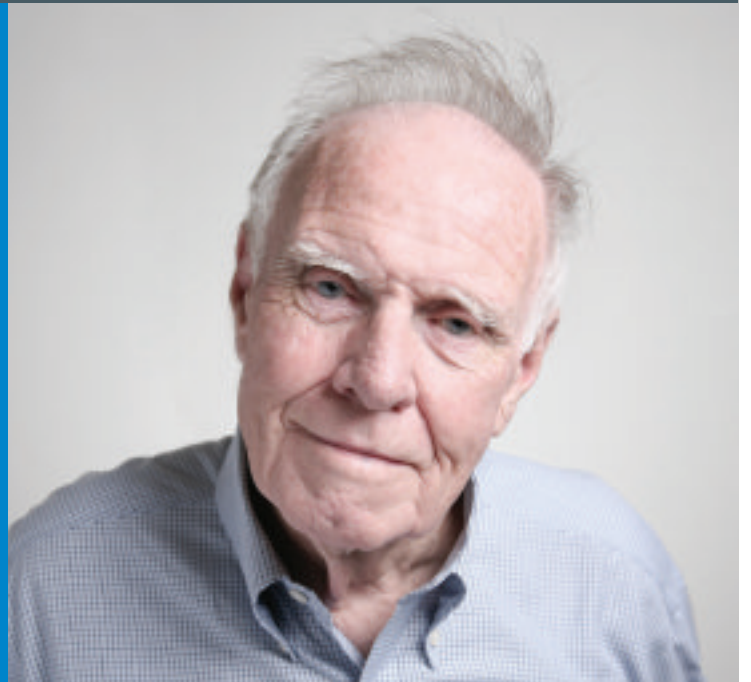
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TV watch list



SCARY MOVIE

'I Know What You Did Last Summer'

Oh, how we long for the days when Sarah Michelle Gellar, Freddie Prinze Jr., Jennifer Love Hewitt and Ryan Phillippe all starred in movies together — and were still young enough to play teens. In one of the best (“best” being used loosely here) of that era, they star as teens who accidentally hit a man with their car and are subsequently stalked by a mysterious killer in a fisherman’s poncho and galoshes. Scary! **9 P.M., ABCFAM**

This poster brings us back to the good old days of teen flicks. / GETTY IMAGES

MOVIE MARATHON

'Fear Fest'

Only two more days until Halloween! AMC's monthlong horror movie marathon continues with Jason flicks all evening. Perhaps the schlockiest of them all, “Friday the 13th Part VIII: Jason Takes Manhattan,” transplants the hockey masked killer to the Big Apple, where he machetes a bunch of teens on a school trip. **5:45 P.M., AMC**

SCARY MOVIE

'The Roommate'

You can't change the channel tonight without coming across a horror flick. This one is a rather lackluster take on the excellent 1992 thriller “Single White Female,” set in a college dorm instead of a NYC apartment building. But it stars Blaire Waldorf (excuse us, Leighton Meester) as the creepo roommate in question, so there's that. **9 P.M., FXM**
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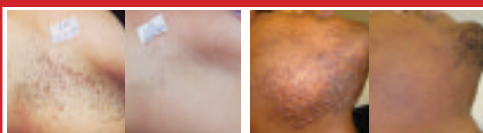
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Poe-etic license

Historical fiction.

Lynn Cullen's new novel explores a previously uncovered part of the great macabre writer's romantic life.



For the full interview with Cullen, and to find out the unique circumstances that led to her writing about Poe, visit us online at www.metro.us

PROVIDED

The first line of Edgar Allan Poe's poem "The Raven," arguably his most famous work, sets the scene for Lynn Cullen's new novel "Mrs. Poe": "Once upon a midnight dreary, while I pondered, weak and weary." The novel brings readers into the similarly dark world of Poe's love life.

The story, set in mid-19th century New York, is told from the point of view of Frances Osgood, a writer herself who relies on the kindness of friends to help raise her two daughters after her husband leaves her.

Against her will, Fran-

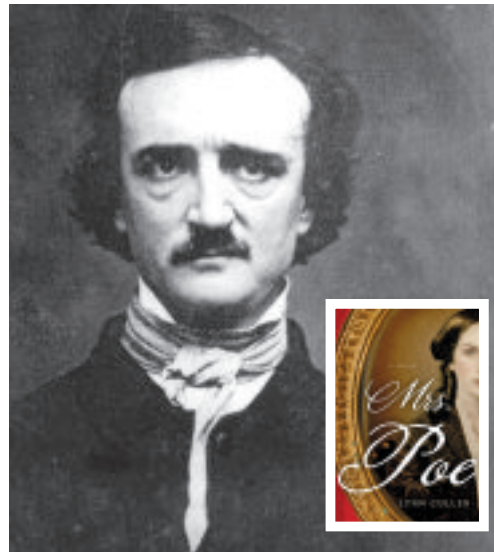
ces is drawn into Poe's world, and that of his child-like wife, Virginia (who Poe married when she was just 13 years old) and her mother. Frances and Poe develop an attraction that neither is able to break — despite the consequences to their careers and reputations. So why isn't Virginia — Mrs. Poe — the narrator?

"I feel like the real Mrs. Poe should have been Frances, that they were more like-minded," Cullen says. "I think [Frances's] editor, who turned down her flowery stories, wanted her to be more like a Mrs. Poe in her writing, wanted her to write the scary stories, too. I wanted the title to be something for readers to figure out as they went along."

Any letters Poe and Frances may have written to each other no longer exist. "I really based my theory on their poems to each other and reading between the lines," Cullen says.

Cullen also gathered information about Poe's life from the website run by the Edgar Allan Poe Society of Baltimore, which includes a "Poe Log" that documents nearly every day of the writer's life.

"I matched up what he was doing against what was going on in the poetry, and it seemed pretty possible they had this affair."



Edgar Allan flow: The legendary writer allegedly had more than one main squeeze. / PROVIDED

There's also the possibility that Poe and Frances had a love child, who died less than two years after she was born.

"It makes me chuckle that there are so many scholars that say, 'We just cannot believe there was a child' because they were known to be together," Cullen says. "Frances stayed with a family called

the Bartletts. Bartlett has reported that, that summer, Poe would come visit and stay after midnight."

Cullen's next book will be about another famous writer: Mark Twain.

"It's my thing to take people that are legendary, and everybody thinks they know about them, but in real life, they were much different," she says.

Nevermore

Anything but 'weak and weary'

The characters in "Mrs. Poe" really existed, but only parts of their lives are documented. That gave author Lynn Cullen the freedom to imagine their conversations and personalities.

"That's the beauty of writing about people who lived before the age of recordings," Cullen says. "There are some letters and things from their time, but his letters have been so doctored by [Rufus] Griswold, who is in the book, who was Poe's archrival. After Poe died, he's the one who was responsible for the image of Poe that we have, being mad and drug-addicted, just totally dark. Griswold got in there and doctored up Poe's letters, so I really don't trust any letters."



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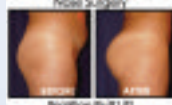
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Every day is tourist appreciation day in Napa, but Flavor! (www.flavornapa.com) takes it even further. From Nov. 20-24, get a sampling of the best of the valley with this foodie festival. Every chef who participates either has a restaurant in the area or graduated from the Culinary Institute of America. The highlight is Appellation Trail at the CIA's St. Helena campus, a tasting event featuring almost 100 wineries and 25 restaurants.



Picturesque vineyards stretch out in every direction in Napa Valley. / RACHEL VIGODA

CALIFORNIA DREAMIN'

Retreat. The vineyards are great, but there's more to do in Napa.

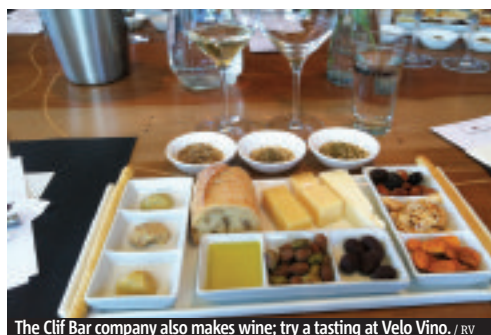
The unofficial tag line of Napa Valley is "Disney World for adults" — which can be loosely translated as "Disney, with alcohol." But since all the alcohol you're likely to consume is wine from the region's 200-plus vineyards and wineries, it's classy.

After all — as the posh locals love to say — this is just a humble farming community.

Many visitors show up just for the vino, hopping from town to town and winery to winery to sample cabs and pinots. But with spas, boutiques, galleries, golf courses, hilly parks, yoga studios and some of the most decadent restaurants in the country, there's more to Napa than just wine.

Eat

Napa is known as much for its indulgent eats as for its wine, earning a whopping 12 Michelin stars this year. But you don't need to drop hundreds of dollars at Thomas Keller's revered French Laundry in Yountville to eat like a king — just a hundred or so at any of the top-rated spots. As this is the West



The Clif Bar company also makes wine; try a tasting at Velo Vino. / RV

Coast, farm-to-table, heirloom, sustainable, organic creations reign.

Battling it out for our top picks are **La Toque** in the elegant Westin Verasa Napa (www.westinnapa.com) and **Lucy** at the modern Bardessono hotel (www.bardessono.com), where we had a tour of the chef's garden, snagging a handful of sweet white alpine strawberries.

For a quick nibble, stop by the **Oxbow Public Market** (www.oxbowpublicmarket.com) in downtown Napa, just down the street from the Westin.

Exercise

Work off all that food by working up a sweat. This

writer is an uncoordinated yoga newbie who was balancing on her head by the end of a session at **Silverado Resort and Spa** (www.silveradoresort.com). The made-to-order smoothie we had right after was the perfect cool-down.

Fancy a round of croquet? Stay at **Meadowood** (www.meadowood.com), set on a private 250-acre estate in the northern town of St. Helena, for access to the games of the gentry. Any resort can have a golf coach making the rounds, but for a truly refined experience, don all white, grab a mallet and have croquet instructor Mike McDonnell teach you the ways of the game.

Sp-ahhh

Relax

There's no shortage of spas. For a tranquil experience, head to **Solage Calistoga** (www.solagecalistoga.com) in Calistoga, the northernmost town in Napa, where you can soak up the sun before your treatments lounging at what the hotel/spa calls a "private, gender-specific, clothing-optional hydrotherapy circuit area." We call it a naked pool, and we loved it.

Book Solage's signature Mudslide: a full-body mud mask with your choice of scented oil, followed by a bath in geo-thermal mineral water, capped off by a nap in a vibration chair.

We're not sure how much good these things actually do for our skin, but the pampering sure helped ease our East Coast stress.



RACHEL VIGODA
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Nars

Radiant Cream Compact Foundation, \$38, www.narscosmetics.com

Flawless skin is seasonless. Nars' new launch combines the velvety texture of a liquid foundation with the convenience of a portable compact. Apply the moisturizing formula — which comes in an array of shades perfect for various ethnicities — wet or dry and build coverage as you need.

Giorgio Armani Beauty

Rouge Ecstasy, \$34, www.giorgioarmani-beauty-usa.com

Now that you've finally figured out BB creams, make room in your arsenal for the first ever CC lipstick, courtesy of Armani. This new multi-purpose formula combines high-impact color with the healing properties of a super-rich lip balm. Pucker up stress-free.



Estee Lauder

Modern Muse, \$58-\$98, www.estelauder.com

Summer's gone but Estee Lauder knows you don't want to completely part with your floral scents. The brand's newest fragrance mixes feminine jasmine with warm woody notes — perfect for chilly days.

Kiehl's

Super Multi-Corrective Cream, \$62, www.kiehls.com

Kiehl's latest mixes three potent ingredients that work together to combat the most apparent signs of aging. There's jasmonic acid (fights wrinkles and fine lines), beech tree extract (improves skin firmness) and fragmented hyaluronic acid (reinforces moisturization and elasticity).



Treat yo' self

La Prairie

Skin Caviar Luxe Sleep Mask, \$300, www.laprairie.com

The newest addition to La Prairie's loved Caviar line is an overnight mask that firms, hydrates and replenishes the skin while you sleep (when skin repair works its best). The leave-on treatment goes on as a translucent film and soaks into your skin within minutes. Besides bedtime, we like to apply the mask before boarding a flight and let-



ting it work its restorative magic mid-air, so you arrive at your destination looking like, you know, crazy holiday travel is no big deal.



TINA CHADHA
tina.chadha@metro.us



Jin Soon x Tibi

A La Mode collection, \$18 each, www.sephora.com
Tibi designer Amy Smilovic and famed manicurist Jin Soon Choi

teamed up for a five-piece line of polishes that highlight one of fall's big nail trends: metallics. If shimmer isn't your thing, there's also a matte top-coat for a velvety finish.

Votre Vu

Champagne Kisses Lip Balm, \$22, www.votrevu.com

We know you have a lip balm habit: Indulge in this organic formula, which bottles up the benefits of champagne grapes and collagen-boosting celery leaf cell extracts, along with shea butter, sunflower and almond



oils to hydrate, plump and protect your pout. Also, anything Champagne just makes us feel fancy.



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Sweet sounds.

Rockabye Baby brings parents' favorite songs to their kids in a way that won't make their kids scream.

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists

More from CMH

Not Pickin' one over another

The CMH Label Group doesn't just release popular music as filtered through lullaby versions. They also release popular music as interpreted in bluegrass style (the Pickin' On series) and through classical style (the Vitamin String Quartet). So of all of these formats, including the original versions of songs, which works the best?

"I don't know," says Roth. "How can you have a conclusion like that about something that is as creative as music?"

and created lullaby renditions of their best-known work. Roth created the series with co-worker Valerie Aiello in 2006, and she has

since overseen more than 50 releases. Today sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of "Name That Tune" that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' "Monkey Wrench" in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute

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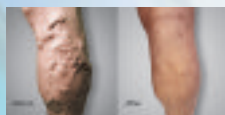
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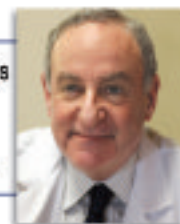


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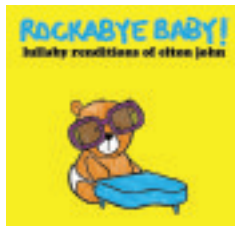
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Lisa Roth knows that babies like to rock out too. / EARL GIBSON



little honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people because it's kind of nuanced: It's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if

you should just play quieter and slower, which is not the case at all," she says. "First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer is a baby, who's unknowingly being introduced to the greatest pop music of the past few decades (Nickelback aside). But the consumer is also the parent who can hear songs he or she already loves without having to suffer through

nonsense by purple dinosaurs or men in brightly colored turtle necks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

PAT HEALY
pat.healy@metro.us

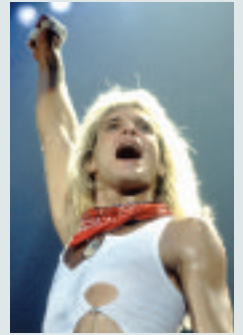
Family ties

Dance the night away

Lisa Roth comes from a very musical family. Her brother is a guy who goes by the name of David Lee Roth, from a little band called Van Halen. Did her big brother ever sing her lullabies while growing up?

"Well, he never sang

to me, but he was always singing," she says. "And if he wasn't singing, he was doing air guitar. ... David was always — oh my God — I thought he was the greatest thing since sliced bread. He always had music on like, Bob Dylan, Zeppelin, all that good stuff."

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Tagline

Essential Qs to ask your child after school

Talking with your kids can give them a leg up in the classroom, but knowing what to ask is key. According to Heaphy, busy parents often forget to bring up the most obvious subject: homework. Make sure your child has not only finished it, but feels really good about it too.

It's also important to ask your children about what they're learning. "Have them explain it to you," Heaphy says. "When they teach someone else, it helps them own the material."

When reading with your child, Heaphy advises asking open-ended questions to ensure they really know what's going on. "It all boils down to your kids seeing you show an interest," Heaphy says. "They are learning to be learners."

Top-of-the-class parenting tips

Beyond the bake sale. Getting involved in your child's education is easier and less time-consuming than you may think.

Now that school is in full swing, already-busy parents are trying to figure out when they can find the time to help their children with homework, attend PTA meetings and help out in the classroom. But getting involved doesn't have to be overwhelming. And you don't have to do it all to have an impact. Jane Heaphy, executive director of New York City nonprofit Learning Leaders, a group that helps families and

communities position students for success, shares her tips.

How can parents balance school activities with already-busy schedules?

It is a challenge. Parents start the year getting bombarded with information and figuring out what to get involved in. [Attending school events] is one easy way that creates opportunities to put faces to the names of your child's teachers.

What are some easy ways to get involved with school?

Introduce yourself and trade email addresses with the teachers and the parent coordinator. Email is a good way to work with your children's school staff as well. Remember they're not going to answer you

right away because they're working with your children all day, but that can be a good way to communicate. Teachers will respond to emails from parents, and it gives them more context, helping them understand what's going on at home with your family. Then, there are opportunities that schools provide, like going to PTA meetings. It's a really great networking activity.

What are some of the benefits that parents might not realize about getting involved in school?

There are so many benefits. One is that it shows your child that his or her education is important to you. I think it also really builds the school's quality when the principals and teachers have other caring



Jane Heaphy is the executive director of New York City nonprofit Learning Leaders. / PROVIDED

adults [supporting them]. You have to know the boundaries and not get in the way, but parents can come in and cut the chaos sometimes. Parents can help with different projects and bring in a particular expertise.

How does it help children to have parents taking a

role in their studies?

It sets the lifelong goal for them that they're always learning. ... Being involved with them helps them figure out how to be organized, understanding their strengths.

ALISON BOWEN
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Kidd poses with a stack of books featuring his eye-catching covers. / PROVIDED

Book. Designer Chip Kidd's book "GO!" teaches budding artists about the world of graphic design.

Chip Kidd, the reigning star of the graphic design world, is no stranger to new projects. He's dreamed up more than a thousand book covers, written novels, played music and worked on cartoons. His new book, "GO! A Kidd's Guide to Graphic Design," is packed with stunning images and project ideas to inspire the youngest budding graphic designers. Kidd opens readers' eyes to design in everyday life and challenges children to think about why things look the way they do.

How did you decide to do a book for kids?

My editor, Raquel Jaramillo, noticed there weren't any books on graphic design for young learners. She has two kids and had lots of advice on what's relevant to them.

How is working with kids different from working with adults?

Try it out



Take the book cover challenge

Workman — Chip Kidd's publisher for "GO!" — has created a Book Cover Challenge, inviting young readers to redesign the cover of any favorite book using the principles in "GO!" Find out more about the challenge and how to submit your design at www.gothebook.tumblr.com.

Kids have fresh perspectives on things, which is really important. I've been doing this for 27 years, and sometimes I forget to be inquisitive — kids help you remember to never stop learning.

Why is design education

such a big deal?

Design shapes your world. Unless you're a hermit that lives in the woods, you're exposed to thousands of examples of designs every day — whether on a screen, as part of an object or something you walk past. Design education helps you understand who's creating that world and how.

The book is intended for kids age 10 and up — why?

The age is relative. It's for anyone new to graphic design who wants an intro to it — I tried not to talk down to the audience, no matter who they are. But reading and writing is an important part of graphic design — it's a form of communication.

Any tips for the parents of future designers?

Creative kids are extremely self-motivated. More than ever, kids are creating their own identities at home, in school and with friends. Parents should pay attention to how kids are doing that, and open up a dialogue about it. It's important that parents encourage them.

NATALIE SHURE
letters@metro.us

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Move over, blueberries

When nutritionist Kate Geagan isn't penning books (she's the author of "Go Green Get Lean: Trim Your Waistline with the Ultimate Low-Carbon Footprint Diet"), appearing on "The Dr. Oz Show" or advocating for healthier, greener food choices, she's the in-house nutritionist for organic baby-food maker Earth's Best. Since parents are always on the lookout for superfoods, we asked for her list of the newest and best.

Aroniberry

Aroniberries are grown in the U.S. and have a higher ORAC score (oxygen radical absorbance capacity — a method of measuring antioxidant capacities) than blueberries. These little berries are a potent fighter of cancer and DNA damage.

Oh, nuts

Packed with 6 grams of protein, Sacha Inchi nuts are actually seeds, which means no nut allergy concerns. They boast one of the highest levels of omega-3 fat of any seed and have a nutty crunch. Walnuts are also considered one of nature's best "brain foods." Raw walnut butter is awesome on a slice of whole-grain bread or as a fun way to shake up a PB&J. Or, chop them up and add them to your holiday baking — they help add moisture and a subtle nutty flavor.

Get fishy

Salmon, sardines or barramundi are big omega-3 sources and some of nature's perfect

New superfoods. Keep an eye out for these foods that pack serious nutritional punch.

proteins. These fish are loaded with selenium, vitamin D, omega-3 fat and high-quality protein. Get creative and have kids toss sardines into a pasta sauce — they will dissolve and provide a fabulous "umami" flavor.

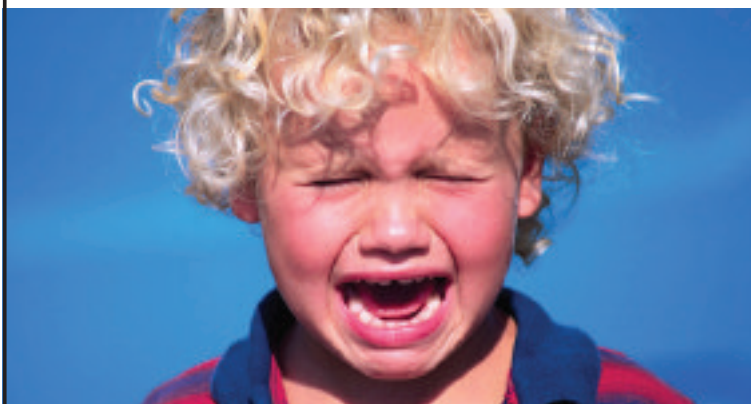
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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Work hard and strive for perfectionism. Express your desires. Take on responsibility and don't hesitate to accept any rewards.

♊ Sagittarius | Nov. 22-Dec. 21. Don't feel obligated to take care of everyone else. Change is overdue on the home front. Putting your needs first will ease stress.

♑ Capricorn | Dec. 22-Jan. 20. Tackle a challenge with energy and guile. Your relentless courage and determination will be difficult to beat. Don't let a change throw you off guard.

♒ Aquarius | Jan. 21-Feb. 18. Listen carefully and leave no room for error. Problems while traveling in or dealing with people in authority will surface.

♓ Pisces | Feb. 19-March 20. Keep life simple, honor your promises and enjoy socializing. Take on whatever task you are given and add your own touch.

♈ Aries | March 21-April 20. Don't let restlessness take over your day. Know what's expected of you and look for ways to outdo any competition. Look and do your best, but don't overspend.

♉ Taurus | April 21-May 21. A message will have significant value. Listen carefully and use the information. An emotional moment will bring positive results.

♊ Gemini | May 22-June 20. Avoid getting involved in a debate that could take up valuable time. Stay calm and offer valid solutions. Choose peace over battle.

♋ Cancer | June 21-July 22. Get back to doing some of the things you used to enjoy, and you can recapture some of life's zest. Fun is out there; you just need to take some steps to find it.

♌ Leo | July 23-Aug. 22. Jump at the chance to make a move that will put an end to a situation. Romance will encourage you to move forward.

♍ Virgo | Aug. 23-Sept. 22. Do whatever it takes to turn your ideas into a tangible alternative. Your help in finding a solution will give you more clout.

♎ Libra | Sept. 23-Oct. 22. Doors will open, but you have to be ready, willing and able to take advantage of what's being offered. Don't procrastinate.
BERNICE BEDE OSOL

Sudoku: Easy and hard

3	8	1			7			4
	7							
		5	8				9	
	4				8	9		3
	3		9		5		6	
8		6	3				5	
	2				1	5		
							8	
7			4			2	3	9

	7			1		6		4
6		4			3			
	5		6	7				
		7				2	6	3
	2						5	
5	9	3				8		
				9	7		3	
				4		1		6
7		5		8			9	

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 The brass, briefly
- 5 Boundless
- 9 Hero's journey
- 14 Natural resources
- 15 Caller's code
- 16 Serviceable
- 17 Wine-bottle accessory
- 19 Open-air lobbies
- 20 Keep greedily
- 21 Lady's honorific
- 22 Rear
- 23 Motel pool, e.g.
- 25 John Dickson —
- 26 Sooner than anon
- 27 Queues (2 wds.)
- 30 Fire starter
- 33 Where to find locks
- 34 B-movie pistol
- 36 Cornstarch brand
- 37 Buck the system
- 38 Insult
- 39 — — step further
- 40 Metric weights
- 41 Bashfully
- 42 Antique washer part
- 44 Estuary
- 45 Lee J. —
- 46 Short-fused one
- 50 Jupiter or Ra
- 52 Rum-soaked cake
- 53 East Lansing sch.
- 54 Give feedback

Down

- 55 Come back up
- 57 "Uncle Miltie"
- 58 Cat scanners?
- 59 Mob scene
- 60 Ran in neutral
- 61 Falling-out
- 62 Low voice
- 1 High-grade coffee
- 2 Brush the dog
- 3 Consolidate
- 4 "For shame!"
- 5 Leave empty
- 6 Matrix
- 7 Strike one as
- 8 Playing marble
- 9 Angry dispute
- 10 Says
- 11 Dublin's land
- 12 Hit some ice
- 13 Hot beverage
- 18 Nasty smile
- 22 Trite
- 24 Successor to Claudius
- 25 Films
- 27 Repair-bill item
- 28 Threatening, as weather
- 29 Muni or McCartney
- 30 Droop
- 31 Stern opposite
- 32 Petri dish contents

- 33 Big star, briefly
- 35 Get a taste of
- 37 "Eleanor —" (Beatles song)
- 38 Bygone ruler
- 40 Did macrame
- 41 Shankar's strings
- 43 Eave hanger
- 44 Hale and hearty
- 46 "— luego, señor!"
- 47 AOL message
- 48 Cravat cousin
- 49 Because of (2 wds.)
- 50 Land document
- 51 Countess's spouse
- 52 Sound of the tone
- 54 Box-score stat
- 55 Campers, for short
- 56 Friar's title

Yesterday's answer



Letters

Don't simplify bipolar disorder

Re: 'Could you have bipolar disorder?' (Metro, Oct. 28) Your article on bipolar disorder is not only offensive, it's misguided and misinformative. Bipolar disorder is categorized into four completely different subgroups with a spectrum of variations within each. What you refer to as the "manic stage" is called hypomania and doesn't necessarily stop people from being able to function or even make them do "risky" things, as you put it. Some with hypomania actually work harder and get more done, the main problem being too much of a focus using that energy. There are so many variations and levels, it is not only misinforming that you would write a small, inaccurate blurb about something that truly affects so many people's lives on a daily basis, it is also offensive that you would make light

of it as to compare it against some actor's fake portrayal of the disorder — or that you would write that those with the disorder will sway toward suicide without even bothering to show the simple ways to obtain treatment. Did you research or write about the amazing rate of those diagnosed who obtain treatment through therapy and medication and go on to live wonderful, "normal" lives?

JENNIFER MATRONE, VIA EMAIL

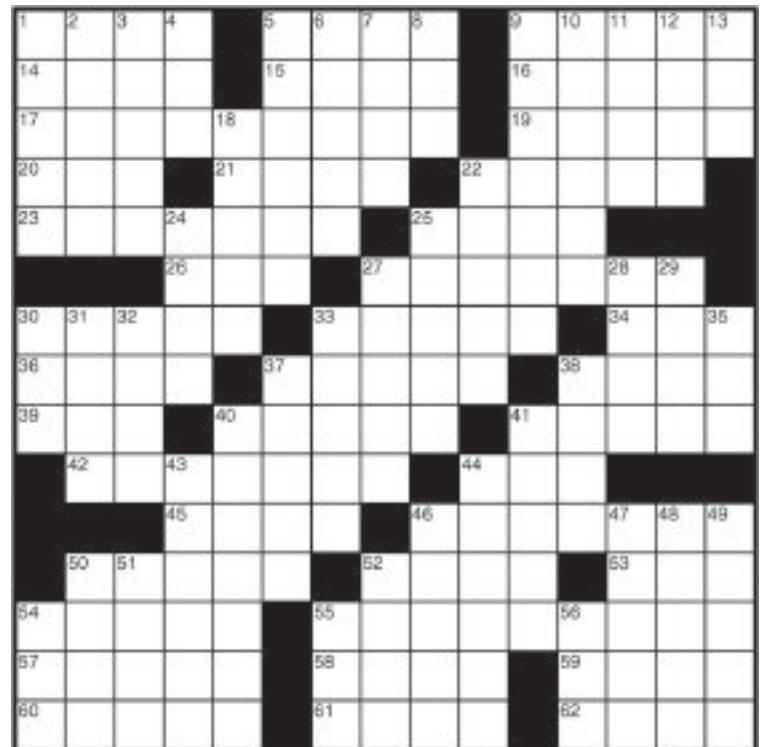
Nyong'o is Kenyan

RE: 'Lupita Nyong'o gets on the good foot' (Metro, Oct. 28) I know that many people outside Africa may not know or understand the significant difference, but "12 Years a Slave" actress Lupita Nyong'o is Kenyan and not Nigerian.

PETER DOWN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.





Garnett, center, and Pierce, right, have joined forces with stars Deron Williams and Brook Lopez this season. / GETTY IMAGES

Nets season preview. A new coach and two new All Stars have the Nets eyeing the team's first NBA championship.

The last time the Nets played a game that counted, they gave up 19 baskets that were either layups or dunks and they trailed by 17 at halftime.

The eventual loss to Chicago, and resulting elimination from the playoffs, set in motion the deal with Boston which landed Kevin Garnett and Paul Pierce.

It's also why the Nets are not only talking about being on the same level as the defending-

champion Heat but talking about winning a championship.

"I think our own expectations and our own goals are going to exceed everybody else's," Garnett said. "I think we got our destiny known here and again it goes back to sacrifice and giving up your own for the betterment of others. So I think that starts with tomorrow, if not tonight."

Garnett snarled in his media day press conference that a ring is

the only reason he is in Brooklyn, before adding a second "only reason" in his deep voice for emphasis.

Pierce dismissed the significance of a division title on the same day by saying he did not want to see any symbols of it, not even a T-shirt or hat.

"On paper we look real good, but it's all going to come down to everybody making sacrifices — making sacrifices with minutes, shots, being there for each other when peo-

ple are down," Evans said. "That's the biggest thing — accepting a new role and making sacrifices in a positive way."

Jason Terry, who is a similar age to Garnett and Pierce and was included in the same off-season trade, played with them for the first time last season in Boston.

"I was blessed and very fortunate to play with two guys that have the same passion, the same drive, the same dedication that I have," Terry said. "To be able to go to work with them, enjoy time with them on and off the court, it's just an honor for me and I can honestly say I've been blessed to play alongside them."

LARRY FLEISHER
sports@metro.us

Quoted

"All the things that you need for a championship-caliber team are in the locker room. It's just how you come together, how we sacrifice and do the necessary things we need to do to make this an elite ball club."

Paul Pierce

Big-time intensity

Garnett's intensity unrivaled

Alan Anderson grew up in Minneapolis watching the evolution of Kevin Garnett from a South Carolina high school player into the "Big Ticket" as a teenager and avid Timberwolves fan.



Garnett has said he doesn't want to sit out games during the season. / GETTY IMAGES

"His intensity is at all times," Anderson said. "When he steps in between the lines, he's all business. Fun and games and all of that, [not with him], he's trying to win."

The intensity Anderson talked about took shape at various points even during the preseason. He told his new head coach Jason Kidd

he didn't want to rest during the exhibitions, even on a back-to-back.

But it especially emerged in a preseason tilt against Miami — a team which could be Brooklyn's top rival.

Garnett responded to criticism by LeBron James about leaving Boston by telling him to "mind his business."

LARRY FLEISHER

Starting five



Deron Williams

Williams averaged 18.9 points last season, but is again battling injury.



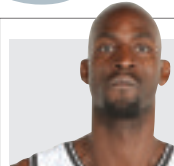
Joe Johnson

Johnson's role with Paul Pierce in the lineup may be the most in question of any holdover.



Paul Pierce

Pierce shot his lowest percentage (43.6) from the field since 2003-04 last season.



Kevin Garnett

Garnett, 37, played the fewest minutes since he was a rookie last year.



Brook Lopez

Lopez was an All Star for the first time in 2013, making all five starters past participants.

3

SPORTS

Preseason picks

Shaq, Barkley pick Nets

Brooklyn has a new-look roster and they have support from the top TV crew in the business. Shaquille O'Neal and Charles Barkley were pitching their NBA on TNT slate to reporters yesterday and both feel the Nets will battle the Heat for the top spot in the Eastern Conference. "I think if Brooklyn stays healthy, they can give Miami a run for their money," O'Neal said.



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Onward, upward

Jets move on quickly from ugly defeat

Jets head coach Rex Ryan knows what he'll see if he watches the game tape from Sunday's humiliating, 49-9 defeat in Cincinnati with his team. So, he skipped the usual film session and jumped right into preparing for next week.

"Anybody that was on the sideline or played in that game knows what happened," Ryan said Monday. "We got our butts kicked and there's no two ways about it."

The Jets have a lot to clean up before they face the Saints (6-1), who have the third best passing offensive in the NFL. Ryan misspoke in his press conference, saying the team was 7-1, before drawing laughs by saying he hoped that wasn't "foreshadowing." **MARK OSBORNE**

www.metro.us
Tuesday, October 29, 2013

SPORTS 32



Michael Cox had 10 touches against the Eagles in his second career game action. / GETTY IMAGES

Big Blue dreaming of historic rally

NFL. The Giants are riding a two-game winning streak heading into their bye week.

The Giants enter their bye week on a rare high this season — winners of two straight — following an 0-6 start. But they realize there's still a long ways to go if they want to contend for the NFC East crown.

"We haven't done nothing yet," said cornerback Terrell Thomas,

who was awarded a game ball for his 10 tackles, including a sack and forced fumble.

"It feels great to have two wins. The smiles around here, everybody is confident and this team has the makeup to make a run like this," Thomas said. "We've been in a position like this before and we're better when our backs are against the wall. It's a good time for us to relax and get football off our mind [but] then we need to come back refreshed and ready to go."

The Giants (2-6) are

actually only two games out of first place, but they merely laid the foundation of a comeback.

"First, it's nice to win. Thank God," said Coughlin. "We're excited about having an opportunity to improve on certain areas [because] if we were going to have any chance to make a run, we had to put ourselves in position here ... but we're certainly not blind to the issues that we have."

TONY WILLIAMS
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